

From all the cases that I have dealt with, indications show that those qualities, for good or bad, that bear the least amount of integration with the rest of the present life are residue from a past incarnation. Think of every question about yourself that you have never been able to answer. Where do the answers lie?

## PART II — THE LAW OF KARMA

Sir Isaac Newton once wrote that "For every action there is an equal and opposite reaction." The great master Buddha teaches us that "You are what you think, having become what you thought." In essence both of these statements are saying the same thing—that for every cause there is an effect.

Therein lies the Law of Karma.

Every thought you have impresses itself into the substance of universal matter where it will ultimately manifest as an effect in the physical world. Sometimes the effect may occur a few moments after the source and then we can readily see how thought and effect are linked together, much the same as throwing a rock into a lake and watching the ripples go out. But at other times the effects go out years after the cause, and it becomes more difficult to see the relationship between the two. And yet always one season follows another. Always summer follows spring. Always the right foot follows the left. Never can a man be going somewhere without coming from somewhere.

Each day is the outgrowth of the day before, as today is the sappling for tomorrow's tree. Each thought is an outgrowth of the thought that precedes it, as each life is another concentric ring in the tree of eternal life. In each incarnation, whatever you do, wherever you go, whatever you think, all you do is meet yourself! And every life experience is to help you refine this self, constantly evolving it to a more perfect expression of your soul.

Such is the law of Karma.

From the Bible we are given the words, "Be not

deceived, God is not mocked . . . . As a man soweth so shall he reap." Those who laugh must learn to cry so that those who cry can learn to laugh. With every tear and smile as you come closer to meeting self, new karma is created for your future.

The soul continually expands its consciousness through its scope of experience until it is ultimately no longer necessary for it to reincarnate into a physical body. Before birth your soul chooses the souls who will become your parents. It defines the religion by which you will live. It selects the neighborhood in which you will be born and reared and ultimately programs into juxtaposition all the life experiences that you will go through, including each blind alley which you will run down until you discover the path of truth.

As your footsteps through life grow lighter, so does your karmic weight. Yet this process of meeting self cannot be rushed for if one stands on tiptoes one is unsteady.

Man is constantly seeking his way home, and he defines his state of happiness by his assuredness of his footing on that path. Wherever man is going he is going home, and his karmic lessons are his roadmap complete with stop signs, obstacles and detours that he must overcome in order to bring his soul to the state of perfection where it can again become one with Pure Spirit.

## PART III — LIFE UNDER KARMIC LAW

In his book *Sayings of Yogananda* the great mystic explains reincarnation and karma with these words:

"Master, I am conscious only of the present life. Why have I no conscious recollections of previous incarnations and no foreknowledge of a future existence" a disciple inquired.

The Master answered, "Life is like a great chain in the ocean of God. When a portion of the chain is pulled out of the waters, you see only that small part. The beginning and the end are hidden. In this incarna-